



Breathe! You Are Alive

By Thich Nhat Hanh

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Breathe! You Are Alive By Thich Nhat Hanh

Product Dimensions:21.5x14x.8 cm. Sutra on the Full Awareness of Breathing - The author outlines the methods of conscious breathing taught by the Buddha and offers exercises for practicing them today. Tich Nhat Hanh ia a Vietnamese Buddhist monk, scholar, poet, and peace activist. He is the founder of Van Hanh Buddhist University in Saigon, and the author of 75 books--In Breath ! You are Alive, Thich Nhat Hanh outlines the methods of conscious breathing taught by the Buddha and offers exercises for practicing them today. Nhat Hanh's commentary gives the reader access to the profound nourishment available when we slow down and get in touch with our breath along with each act of daily life.

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Editorial Review

Review

Breathe! You Are Alive: Sutra on the Full Awareness of Breathing is a new and revised edition of the Buddha's most important and basic teachings on meditation. Thich Nhat Hanh presents three translations of The Sutra on the Full Awareness of Breathing (Anapanasati) from the Pali and the Chinese. In his commentaries, Thich Nhat Hanh outlines the methods of conscious breathing taught by the Buddha and offers exercises for practicing them today. These commentaries give the reader access to the profound nourishment available when we slow down and get in touch with our in-breath and our out-breath. Breathe! You Are Alive is an essential addition to any library Buddhism collection. --*Midwest Book Review*

Language Notes

Text: English, Vietnamese (translation)

Users Review

From reader reviews:

Christy Brodersen:

As people who live in the actual modest era should be change about what going on or data even knowledge to make these people keep up with the era and that is always change and advance. Some of you maybe can update themselves by reading books. It is a good choice for you personally but the problems coming to you is you don't know what kind you should start with. This Breathe! You Are Alive is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

Andrew Hulbert:

Reading a e-book tends to be new life style in this particular era globalization. With studying you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Guides can also inspire a lot of people. Many author can inspire their reader with their story or maybe their experience. Not only situation that share in the publications. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors nowadays always try to improve their expertise in writing, they also doing some research before they write for their book. One of them is this Breathe! You Are Alive.

Nathaniel Mathis:

Spent a free time for you to be fun activity to do! A lot of people spent their sparettime with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for

book, may be the book untitled Breathe! You Are Alive can be good book to read. May be it may be best activity to you.

Lillian Thornton:

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